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DR. BUTT'S RECOMMENDED BRUSHING TECHNIQUE FOR BRUSHING BRACED TEETH

A. BRUSHING THE OUTSIDES OF THE TEETH

1. Angle the toothbrush at 45 degree angle (diagonal) to the gumline and wiggle the bristles in between the teeth. Now keep the bristles in between the teeth and wiggle the brush gently using a circular motion.

(In case your gums bleed, do not stop brushing. The reason the gums bleed is because they are inflamed from plaque sitting on them. Brush at the gumline to remove the plaque.)

Do not just brush along the braces, you will not get under the braces that way.

2. Always make sure bristles penetrate between the teeth while you are making your circular motions.
3. Start with upper right last molars. Go all the way to the end of the upper left molars. Continue from the lower left last molars and finish all the way to the last lower right molars.

B. BRUSHING THE INSIDES OF THE TEETH

Repeat the same technique on the insides of the teeth.

C. BRUSHING THE TOP SURFACES OF THE TEETH

Make back and forth strokes on top of all the front and back teeth.

D. INSIDES OF THE FRONT TEETH

The same technique as brushing the outside, except angle the brush *vertically* at 45 degrees. On the front teeth, hold the toothbrush parallel, bristles should go in between teeth; do this for upper and lower teeth.